



**NL Health
Services**

Dietetic Internship Program Overview

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About NL Health Services

NL Health Services is a teaching organization with a long history of supporting practicum placements for health professional students. We are committed to educating and training the next generation of healthcare professionals in support of our vision: *Health and Well-Being. Every Person. Every Community.* To learn more about NL Health Services, visit: [Newfoundland and Labrador Health Services](#).

About the Dietetic Internship Program

NL Health Services offers a nationally accredited Dietetic Internship Program, recognized by [EQual, Accreditation Canada](#). Since 1982, the program has been preparing future dietitians by supporting the development of the competencies required for entry-level practice. The Dietetic Internship Program prepares interns to write the [Canadian Dietetic Registration Exam](#) (CDRE) and become eligible for registration with a provincial dietetics regulatory body.

The goal of the Dietetic Internship Program is to provide practical learning experiences that support the development of the knowledge, skills, attitudes, and professional behaviours required for competent entry-level dietetic practice. Interns achieve this through:

- Collaborative and supervised learning experiences across clinical nutrition, population health, and food service management practice areas.
- Active participation in the planning, implementation, and evaluation of practice-based quality improvement initiatives, fostering critical thinking, problem-solving, and decision-making skills.
- Development of professional confidence, competence, and a commitment to lifelong learning and continuous professional development.

By the end of the program, interns will have integrated knowledge and skills across the core areas of [dietetic practice](#), including professionalism and ethics, communication and collaboration, management and leadership, nutrition care, population and public health, and food provision.

Commitment to Inclusion and Cultural Safety

NL Health Services is committed to providing an inclusive, respectful, and culturally safe learning environment. The Program welcomes applicants from diverse backgrounds and is committed to equitable access to learning opportunities and accommodations. Throughout the internship, interns develop competencies in cultural humility, cultural safety, and inclusive practice while working with diverse populations, including Indigenous, French-speaking, and newcomer communities. Additional information is available on the NL Health Services [Diversity, Equity and Inclusion \(DEI\)](#) webpage.

Internship Practicum Options

The NL Health Services Dietetic Internship Program offers six internship positions annually through two practicum streams:

Post-Degree Internship Practicum: A 45-week practicum beginning each September, with four internship positions available annually.

Memorial University Master of Public Health (Nutrition and Dietetics) (MUN MPH) Program Practicum: A 35-week practicum beginning each January, with two internship positions available annually for students enrolled in the Memorial University Master of Public Health (Nutrition and Dietetics Stream) (MUN MPH) Program.

Our Preceptors

Registered Dietitians (RDs) across NL Health Services contribute their expertise to the Dietetic Internship Program by serving as preceptors and educators for dietetic interns. RDs work in a variety of roles, including Clinical Dietitians, Public Health Nutrition Consultants, Food Service Managers, and Program Managers. Passionate about food, nutrition, and the science behind them, dietitians support individuals of all ages in achieving optimal nutritional health and well-being.

Dietetic interns are supervised by qualified RDs and other professionals who possess the knowledge, skills, experience, and credentials required to support intern learning and competency development. Preceptors participate ongoing professional development activities to support their educational roles.

To learn more about the role of Dietitians within NL Health Services, visit: [Dietitian - NL Health Services](#).



Internship Rotations

Rotations are designed to build on each intern's existing knowledge and progressively increase responsibility, independence, and competence. Interns complete rotations independently, collaboratively with other interns, and through a combination of in-person and virtual learning experiences. These varied approaches support the development of professional competence, teamwork, adaptability, and confidence in diverse practice environments.

Learning experiences may include engagement with patients, clients, residents, families, and community members with lived experience to support the development of person-centred, culturally responsive, and evidence-informed dietetic practice.

Placements may be available in the following urban and rural settings within the Eastern Urban, Eastern Rural, Central, Western and Labrador-Grenfell Zones. Visit [Health Zones - NLHealthServices](#) to learn more.

Rotation areas include:

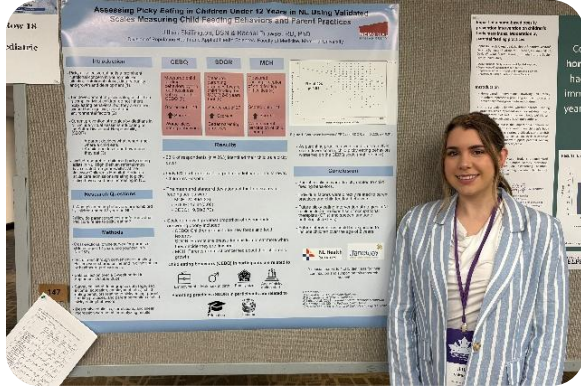
Clinical Nutrition (Nutrition Care): Rotations are preceptored by Clinical Dietitians in primary, secondary, and tertiary care settings. Interns may gain experience with pediatric, adult, and older adult populations across areas such as Family Care Teams, diabetes education, nephrology, mental health, cancer care, medicine, surgery, critical care, rehabilitation, and long-term care. Visit the [Areas of Care](#) webpage to learn about clinical settings.

Population Health Promotion: Rotations are preceptored by Public Health Nutrition Consultants. Interns contribute to health promotion, disease prevention, and population health nutrition initiatives through planning, implementation, and evaluation activities. MUN MPH interns complete experiences that complement their graduate coursework and research. Visit the [Healthy Eating](#) webpage to learn more about population health nutrition initiatives and [Teaching Kitchen videos](#) developed by former interns.



Food Services (Food Provision & Management): Rotations are preceptored by Food Service Managers and Supervisors across a variety of food service operations, including Compass Group Canada, Aramark, and NL Health Services. Interns gain experience in food service management, quality improvement, quantity food production, and food safety in acute care and long-term care settings. Visit the [Compass Group Canada](#) and [Aramark](#) websites to learn more about food service operations.

Dietetic Practice-Based Projects



Throughout the internship, interns complete a variety of projects designed to support achievement of entry-to-practice dietetic competencies. These include a practice-based quality improvement project (post-degree interns only), a clinical nutrition case study, and a dietetic advocacy project. Interns also have opportunities to contribute to initiatives supporting Nutrition Month and Canadian Malnutrition Awareness Week. Projects may be completed independently or collaboratively with another intern.

The practice-based quality improvement project provides interns with foundational experience in research, quality improvement, program evaluation, knowledge translation, and collaborative practice-based inquiry. Projects may take place in clinical nutrition, population health, food service, or professional practice settings and are designed to address real-world practice needs within NL Health Services. Project work is integrated throughout the internship, including dedicated project time.

To learn more about innovative food and nutrition initiatives led by NL Health Services Dietitians and Dietetic Interns, explore the stories below:

- [Lead the Change: A Collaborative Teaching Kitchen Initiative Led by NL Health Services Dietetic Interns and Compass Foodservice](#)
- [Advancing Malnutrition Care Through Dietetic Practical Training](#)
- [“We Need People to Feed People!” A success story on how Dietitians, Food Services and Volunteers collaborated to address malnutrition among hospital in-patients](#)
- [Teaching Kitchens Enhance Nutrition Awareness Across Eastern Newfoundland](#)
- [Advancing Nutrition Care Across NL Health Services](#)

Internship Schedule

Rotations are designed to support the intern's progression toward achieving the Integrated Competencies for Dietetic Education and Practice (ICDEP). The schedule outlined below is subject to change based on preceptor availability, placement opportunities, and evolving operational demands within NL Health Services.

Table 1: Internship Rotation Structure

ROTATION	POST-DEGREE INTERNS (45 weeks, starts September)	MUN MPH INTERNS (35 weeks, starts January)
Orientation	1 week	1 week
Class days	1 week	1 week
Food service	8 weeks	6 weeks
Clinical nutrition care*	22-25 weeks	18-20 weeks
Population health	6 weeks	8 weeks
Project work**	1-2 weeks	1 week
Electives†	1-2 weeks	1 week
Vacation‡	2 weeks at December holiday period + 5 days	5 days

* Includes 4 weeks of Independent Practice (IPP); length varies with placement, preceptors, and intern needs.

** Project work and elective weeks may be interchanged based on the intern's learning needs.

† Elective duration varies based on competency achievement, prior learning credit, intern learning needs, and placement/preceptor availability.

‡ The 5 days of vacation are used throughout the internship. Post-degree interns are provided with a two-week break during the December holiday period. Interns who observe a different holiday or have alternative scheduling needs are encouraged to discuss accommodations with the Internship Director.

Prior Learning Credit

Interns may receive prior learning credit toward competencies for previous work experience or study, resulting in a shortened placement in a given area. Credit must be requested, with supporting evidence, upon acceptance into the program, as per the Internship Program Prior Learning and Assessment Policy.

Admission and Program Information

Eligibility Requirements

To be considered for admission to the Dietetic Internship Program, applicants must have graduated within the past three years from an Equal Accreditation Canada-accredited undergraduate nutrition program (e.g., a Bachelor's degree in Food and Nutrition).

Applicants who graduated more than three years ago, or who completed their academic nutrition education outside of Canada, must provide evidence of academic currency through successful completion of Level 1 of the Knowledge and Competence Assessment Tool (KCAT). Visit the College of Dietitians of Ontario and/or the Newfoundland and Labrador College of Dietitians websites for more information about KCAT requirements and academic currency.

Application Requirements

Applicants must submit a completed application package, which is available on the NL Health Services Dietetic Internship webpage. The application package must include:

- **Proof of academic completion** (e.g. transcript or KCAT confirmation)
- **Cover Letter** outlining interest in dietetic practice, relevant experience and career goals.
*Applicants should indicate their preferred Zones for placement.
- **Resume** summarizing education, employment, volunteer and paid experience, achievements, and leadership activities.
- **References:** one employer/volunteer supervisor; one academic reference from your nutrition program; and one additional professional or academic reference.
- **Application Fee Receipt**

Applications are due in January, interviews are conducted in February, and successful applicants are notified in March. Admission to the Dietetic Internship Program is competitive and meeting the minimum eligibility requirements does not guarantee an interview or acceptance into the program.



Selection Criteria

Applications are reviewed holistically by the Dietetic Internship Program Selection Committee, which includes the Program Director and RDs from clinical nutrition, population health, and food service practice areas. Applicants are assessed based on academic achievement, relevant experience, skills, and interest in dietetic practice. Selected candidates are invited to a virtual interview, with successful applicants notified by email. The program is committed to fair, transparent, and equitable admissions processes, with standardized criteria applied consistently to all applicants.

Academic Preparation: Applicants must have a minimum average of 75% in the final two years of their nutrition degree. Strong performance in nutrition and science courses supports success within the internship. Academic achievement, course relevance, and overall workload, including employment, volunteer activities, and extracurricular involvement, are considered.

Paid and/or Volunteer Experience: Nutrition, health, and food service-related experience is considered an asset. Experiences that provide opportunities to develop responsibility, dependability, initiative, leadership, teamwork, collaboration, problem-solving, and time management skills can help prepare interns for the demands of professional practice. Relevant experiences may include paid employment, volunteer work, and leadership or supervisory roles.

Relevant Skills and Interests: Successful applicants demonstrate strong communication, organizational, and critical thinking skills; professionalism and sound judgment; leadership, initiative, adaptability, and resilience; a commitment to learning and professional growth; and a genuine interest in food, nutrition, health promotion, and dietetic practice.

Pre-Placement Requirements

Applicants accepted into the Dietetic Internship Program must meet all NL Health Services student placement requirements before starting the internship, including immunization, security screening, and confidentiality requirements. Additional information is available on the [NL Health Services Student Opportunities](#) webpage.

Intern Rights and Responsibilities

Accepted interns receive information on program expectations, professional conduct, confidentiality, privacy, workplace safety, and their rights and responsibilities. The program is committed to protecting intern information and maintaining a respectful learning environment.

Intern performance is assessed throughout the program using competency-based tools aligned with the ICDEPs. Ongoing feedback, midpoint and final evaluations, and individualized learning plans, when required, support competency development and progression.

Interns have access to established processes for addressing concerns related to performance, progression, and program experiences, including formal review and appeal mechanisms. Preceptor feedback, program support, and wellness resources are available throughout the internship. Additional information is available on the [Employee Wellness](#) webpage.

Gaining Dietetic Experience



Applicants seeking additional experience before applying are encouraged to explore opportunities that build knowledge and skills relevant to dietetic practice, including:

Volunteer opportunities in healthcare, nutrition, food service, or community organizations. Visit the [NL Health Services Volunteer Opportunities](#) webpage for information on dietetic and other healthcare volunteer opportunities.

Mentorship and job shadowing opportunities with RDs help applicants explore the profession and areas of practice. Applicants are encouraged to connect with [Dietitians of Newfoundland and Labrador \(DNL\)](#), which is a provincial professional group of dietitians, dietetic students, interns, and retirees. Student membership provides opportunities for networking, professional development, and engagement with the dietetics profession.

Employment opportunities related to nutrition, food service, healthcare, leadership, or customer service. Visit the [NL Health Services Careers](#) webpage to learn about available positions. The Food Operations Supervisor role is often pursued by aspiring dietetic interns and offers valuable experience in food service operations, leadership, staffing, quality improvement and healthcare services delivery.

Program Evaluation

The Dietetic Internship Program is committed to continuous quality improvement. Feedback from interns, graduates, preceptors, employers, and other stakeholders is regularly collected and used to evaluate program effectiveness and identify opportunities for enhancement.

The program participates in ongoing accreditation and quality assurance processes to ensure continued alignment with professional competencies, accreditation requirements, emerging evidence, healthcare system priorities, and evolving dietetic practice.



Links

- [Aramark](#)
- [College of Dietitians of Ontario](#)
- [Compass Group Canada](#)
- [Dietitians of Newfoundland and Labrador \(DNL\)](#)
- [EQual Accreditation Canada](#)
- [Integrated Competencies for Dietetic Education and Practice \(ICDEP\)](#)
- [MUN Master of Public Health](#)
- [Newfoundland and Labrador College of Dietitians \(NLCD\)](#)
- [NL Health Services Areas of Care](#)
- [NL Health Services Careers](#)
- [NL Health Services Dietetic Internship Information](#)
- [NL Health Services Diversity, Equity and Inclusion \(DEI\)](#)
- [NL Health Services Employee Wellness](#)
- [NL Health Services Employment](#)
- [NL Health Services Health Information](#)
- [NL Health Services Student Opportunities](#)
- [NL Health Services Volunteer Opportunities](#)

Contact Information

Dietetic Internship Program

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